



SWGS KS4 VOCABULARY LIST: PSHE

This list consolidates key vocabulary in the subject, making it easier for you to know, understand and use it accurately. This may be provided as a pre-filled glossary or a word list to complete. Your teachers will use this vocabulary frequently, and you will encounter it in reading. You will be expected to learn meanings and spellings.

Theme: Health and Wellbeing

AED	Automated External Defibrillator. This is an emergency life-saving device used in the event of sudden cardiac arrest. The device analyses the heart rhythm and administers an electrical charge to the heart if needed to establish a regular heartbeat.
Anxiety	Persistent, excessive worries that don't go away even in the absence of the stress.
Assertive Communication	Expressing your point of view that is clear and direct, whilst still respecting others.
Biopsy	Removal of tissue by a needle that is then examined under a microscope.
BRCA gene	A mutated BRCA 1 or BRCA 2 gene can be inherited from either parent and means a carrier has a much higher risk of developing breast cancer (and some other cancers) compared with the general population.
Breast Tissue	A collection of fat cells that extends from the collarbone, across under the arm and down the middle of the ribcage.
Chemotherapy	A treatment that destroys cancer cells.
Civil Law	Involves disputes between individuals and organisation. Usually relates to offences that harm another person and their rights or property.
County Lines	Describes gangs and organised criminal networks involved in exporting illegal drugs into one or more importing areas (within the UK), using dedicated mobile phone lines or another form of "deal line".

Cuckooing	The taking over of a vulnerable person's home to use and sell illegal drugs from for a short period of time. The individual may have a mental/physical illness or may be promised free drugs in exchange for their house. The vulnerable person may also be sexually and physically abused throughout this process.
CPR	Cardiopulmonary resuscitation. An emergency lifesaving procedure performed when the heart stops beating.
Debt Slavery	When a young person is forced to work in order to pay off a debt.
Drug	A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.
Drug Classes	Illegal drugs are classified according to how dangerous they are (considering both the harm they may cause the user and society in general).
Drug Production	If you are involved, can be linked to the production process, and can be proved to have know a drug was being produced, you can be charged.
Emotional Wellbeing	A positive sense of wellbeing which enables an individual to function in society and meet the demands of everyday life. People in good mental health have the ability to recover effectively from any illness, change or possible misfortune.
External Influence	Relates to other aspects which affect our ideas, such as those coming from others, the media, or the environment around us.
Fixed Mindset	Views talent, intelligence, skills and own capabilities as fixed and unchangeable.
Going Country	This is the most popular term that describes county lines activity. It can also mean the act of traveling to another city/town to deliver drugs or money.

Growth Mindset	Views talent, intelligence, skills and own capabilities as things that can be developed and improved on.
Health	A state of wellbeing, in which an individual realises their own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to their community. (World Health Organisation)
Internal influence	Relates to our own thoughts, feelings, perceptions and attitudes etc.
Lumpectomy	A surgical procedure to remove a lump believed to be cancerous.
Mammogram	A breast c-ray.
Mastectomy	Removal of all the breast tissue including the nipple area.
Mental Health	A state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community (WHO definition)
Negative Thinking Pattern	Habitual thought processes which can affect our perceptions.
Oncologist	A doctor who specialises in cancer.
Online Blackmail	Also known as cyber blackmail. Includes threats or coercion made through social media platforms.
Online Persona	An expansion of someone's real-life identify. It is based on what is shared online and can shape other people's perceptions of you.
Perseverance	Persistence in doing something despite difficulty or delay in achieving success.

Possession of Drugs	An individual is caught with a controlled drug for personal use. The person does not have to be using it, just to have it in their possession.
Possession with intent to supply	A person is planning to give controlled drugs to someone else. This includes selling, sharing or giving for free.
Procrastination	The action of delaying or postponing something.
Prosthesis	An artificial breast used to restore shape when part or all of the breast has been removed.
Radiotherapy	A treatment that uses high energy x-rays to destroy cancer cells.
Reconstruction	Surgery that rebuilds the breast shape after all or part of the breast has been removed.
Recovery Position	A safe lying position in which people should be put when they are unconscious so that they can continue to breathe.
Reframing	A process of thinking about something differently, often in a more positive way.
Remission	When signs and symptoms of a disease partly or completely disappear. This may be temporary or permanent.
Resilience	A skill that helps people to recover quickly from difficulties, change or misfortune; to adapt to and overcome risk and adversity through adopting effective coping strategies; to persevere and 'bounce back'.
Secondary Breast Cancer	When cancer cells from the breast have spread to other parts of the body such as the bones, lungs, liver or brain. (Also called Stage 4 breast cancer)
Self-Esteem	How someone might value and perceive themselves. It's based on opinions and beliefs about themselves which can be difficult to change.

Septicaemia	Term used to describe blood poisoning. It is an infection caused by bacteria entering the bloodstream and can be life-threatening.
Shock	A life-threatening medical condition which is caused by a lack of blood flow to tissues and organs in the body.
Stress	The body's reaction to feeling threatened or under pressure.
Supply of Drugs	An offence has been committed if you have sold or are found to be sharing drugs with others, even if they did not pay you for them.
Trap House	A building used as a base from where drugs are sold (or sometimes manufactured). These houses usually are occupied by someone (usually adult drug users but sometimes young people are forced to stay in trap houses)
Trapping	The act of selling drugs. Trapping can refer to the act of moving drugs from one town to another or the act of selling drugs in one location.
Tumour	An overgrowth of cells forming a lump – may be benign (Not cancer) or cancerous.
Ultrasound Scan	Uses high frequency sound waves to produce an image.
Vaccine	A substance created and given to people that will provide immunity from a specific infection or disease.

Theme: Relationships

Ableism	Discrimination in favour of non-disabled people.
Adoption	The legal process by which a child who cannot be brought up within their birth family becomes a full, permanent and legal member of their new family. Adopters become the child's legal parents with the same rights and responsibilities as if the child was born to them.

Antisemitism	Hatred, bigotry, prejudice or discrimination against Jews.
Bereavement	Experience of losing someone important, characterised by grief.
Blended Family	A family consisting of a couple, the children they have had together and their relationships. Can also include other family members living together (e.g. cousin).
British Values	Include democracy, the rule of law, individual liberty and mutual respect and tolerance of different faiths and beliefs.
Channel Programme	A programme which focuses on providing support at an early stage to people who are identified as being vulnerable to being drawn into terrorism.
Coercion	Persuading someone to do something using force, threats or manipulation.
Consent	Defined in law as agreement by choice made by someone with the freedom and capacity to consent. Under the law, it is the person seeking consent who is responsible for ensuring that these conditions are met.
Contraception	Methods (hormonal and non-hormonal) used to prevent pregnancy.
Co-Parenting	When two or more people decide to conceive and parent children together. A co-parent will not have sole custody of the child, and there are many details to be worked out, such as what role each parent will take, how financial costs will be split, and the degree of involvement each will have with raising the child
Daesh	The Arabic name for ISIS (ISIL).
Disablism	Discrimination or prejudice against disabled people.

Discrimination	Treating someone with a protected characteristic less favourable than others. It can be direct or indirect.
Echo Chamber	Often seen on social media where people of like mind reinforce a single viewpoint to the exclusion of alternatives. This can create a false impression that an opinion is more widely held in society than it is.
Egg Freezing	Similar to IVF. Involves collecting a female's eggs, freezing them and using them at a later date.
Emergency Contraception	Aims to prevent pregnancy after unprotected sex or if the contraception used has failed (e.g. missed pill or split condom).
Emotional Abuse	Sometimes referred to as mental or psychological abuse. It is where a person will use non-physical actions to purposefully hurt, scare, or manipulate someone else, influence their thoughts and actions, and change their sense of who they are.
Equality	Having equal opportunities and rights. It is being treated fairly and means being able and supported to reach your potential.
Extremism	The promotion or advancement of an ideology based on violence, hatred or intolerance.
Family	A group of two or more people linked by birth, marriage, adoption or cohabitation based on a long-term relationship.
Fertility	Refers to the ability to have children or to reproduce.
Filter Bubble	A situation in which an internet user encounters only information and opinions that conform to and reinforce their own beliefs, caused by algorithms that personalise an individual's online experience.
FGM	A practice that involves altering, changing, cutting or removing any part of the female external genitalia. The practice is done to natural and healthy genitalia and there is no medical reason for the practice.

Fostering	Part of the legal process by which a child who cannot be brought up within their birth family becomes a full, permanent and legal member of their new family. Adopters become the child's legal parents with the same rights and responsibilities as if the child was born to them.
Harassment	Repeated unwanted behaviour that offends someone or makes them feel distressed.
Honour Based Violence	A crime or incident committed to protect or defend the 'honour' of a family or community.
Household	A term used to describe a group of people living together in the same dwelling.
ISIS	Islamic State of Iraq and Syria, also known as ISIL – Islamic State of Iraq and the Levant; a terrorist group which controls a large area of Syria and Iraq and enforces.
IVF	In vitro fertilisation. Fertility medication is taken to encourage the ovaries to produce more eggs than usual. Eggs are then removed from the ovaries and fertilised with sperm in a laboratory. A fertilised egg (embryo) is then returned to the uterus to grow and develop.
IUI	Also known as artificial insemination. This involves inserting sperm into the uterus via a thin plastic tube passed through the cervix. Sperm is collected and the fastest moving sperm are selected.
Miscarriage	The spontaneous loss of a pregnancy before the foetus is mature enough to survive outside the uterus.
Misogyny	The hatred of, contempt for, or prejudice against women or girls.
Physical Abuse	Where someone is deliberately hurting or injuring someone.
Polarisation	When people are at completely opposite extremes of an argument – as in 'polar': being as far apart as you can get, like the North and South.

	Pole. When people are polarised, they cannot find anything to agree on – there is no middle ground..
Pornography	A video or picture that's been designed to make someone feel aroused.
Prejudice	Judging someone without knowing them, based on what they look like or what group they belong to.
Prevent Strategy	Aims to reduce the threat to the UK from terrorism by stopping people becoming terrorists or supporting terrorism. In the Act this has simply been expressed as the need to “prevent people from being drawn into terrorism”.
PrEP	Pre-Exposure Prophylaxis. Used to reduce the risk of getting HIV.
Propaganda	Information, especially of a biased or misleading nature, used to promote a political cause or point of view.
Race	Grouping of people together based on their visual features, most commonly skin colour.
Racism	Where someone treats a person or group of people unfairly or thinking that they are inferior because of their skin colour or ‘race’.
Radicalisation	The process through which a person comes to support or be involved in extremist ideologies. It can result in a person becoming drawn into terrorism and is, in itself, a form of harm. (NSPCC)
Sexting	To send sexual messages, photos or videos to someone else.
Stalking	A pattern of unwanted and persistent behaviour, motivated by a fixation or obsession towards a person, that causes them to feel distressed or fearful.

Stereotype	To make a general / simplified judgement about a group of people. To think that all members of that group are the same.
STI	Sexually Transmitted Infection. Where a bacterial or viral infection is based on through unprotected sexual contact.
Surrogacy	When a woman carries a pregnancy for a couple who cannot maintain a pregnancy themselves. In some cases, the eggs of the mother or a donor are used, while in other cases the surrogate's egg is fertilised with the sperm of the father. The baby does not legally become the couple's until a parental order has been issued after the child's birth. Until this order is issued the surrogate has the right to keep the baby
Termination	A procedure used to end pregnancy. Also referred to as abortion.
Terrorism	Terrorism is an action or threat designed to influence the government or intimidate the public. Its purpose is to advance a political, religious or ideological cause.
UNCRC	The global "gold standard" for children's rights and sets out the fundamental rights of all children. It is the most widely and rapidly ratified human rights treaty in history. It sets out the civil, political, economic and cultural rights of every child. Governments agree to safeguard the rights and ensure that adults and children know about them.

Theme: Living in the Wider World

Age of Criminal Responsibility	The age at which young people can be blamed for their crimes. In the UK, this is 10 years old.
Aggravating Factors	Any fact or circumstance that increases the severity or culpability of a criminal act.
A-Level	Advanced Level qualifications. Often studied over two years and are usually assessed by a series of examinations.

Apprenticeship	A paid job which offers hands-on work experience alongside off-the-job training.
APR	Annual Percentage Rate. This amount is the annual interest rate plus any other fees.
BTEC Diploma	A practical based, vocational qualification.
Budget	A spending plan based on income and expenses. It allows someone to estimate how much money will be made and spent over a certain period of time.
Carbon Footprint	The total amount of carbon dioxide emissions caused by one individual or organisation.
Civil Law	Aims to regulate relationships between individuals.
Climate Change	Large scale, long-term shift in the weather patterns and average temperatures across the world.
Community Service	A period of unpaid work which the criminal completes as payment to the community.
Cybersecurity	The means by which individuals and organisations reduce the risk of being affected by cyber crime.
Consolidation	Where new material is reviewed and learning is reinforced. Can be done at the end of a lesson or topic.
Cover Letter	A letter used to introduce yourself to an employer asking them to consider your application.
Credit	Refers to an individual's capacity to borrow money. Typically, a lender will assign a borrowing limit.

Crime	An action of omission which constitutes an offence and is punishable by law.
Criminal law	Aims to punish wrongdoers for offences against society as a whole.
Custodial Sentence	A prison sentence. One for life is the most serious punishment you can give.
CV	Curriculum vitae. A document used when applying for jobs to summarise education, skills and relevant work experience for potential employers.
Debt	Refers to money that you have borrowed. It is money you have spent or obtained in some way that you have not yet paid back to the lender.
Debt Relief	Some or all of a lesser economically developed country's debt is cancelled. They can then use this money to develop instead of paying off debts.
Deterrence	To stop an offender from doing a crime again and to encourage others from committing a similar crime.
Discharge	In cases where no punishment is necessary, you may decide to let the offender off.
Fairtrade	Paying producers in LEDC's a fair price for their products and buying these products directly from the producer cutting out the middlemen.
Fraud	The crime of cheating or lying to gain money or benefits, or to cause someone else a loss (or expose them to risk of loss).
Free Trade	LEDC's can sell their products with no restrictions or tariffs in other countries/markets.

Globalisation	Encourage multinational companies to set up factories in poorer countries and provide jobs and opportunities and investment in local infrastructure.
Inclusivity	Making sure everyone feels welcomed, valued, and respected, no matter who they are or where they come from. It involves creating an environment where everyone can be themselves and contribute their unique perspectives and talents.
Insurance	A form of contract where a sum of money is agreed to be paid by the insurer to the insured on the happening of certain events.
Interest Rate	The proportion of a loan that is charged as interest to the borrower, typically expressed as an annual percentage of the loan outstanding.
Mitigating Factors	Any fact or circumstance that lessens the severity or culpability of a criminal act.
Modern Slavery	The recruitment, movement, harbouring or receiving of children, women or men through the use of force, coercion, abuse of vulnerability, deception or other means for the purpose of exploitation. It is a crime under the Modern Slavery Act 2015.
Money Mule	A person who transfers stolen money, usually through their own bank account, on behalf of others.
Outsourcing	Using a third party to undertake work.
Payday Loan	A relatively small amount of money lent at a high rate of interest on the agreement that it will be repaid when the borrower receives their next wages.
Payslip	A document containing information including payroll number, gross and net pay, and tax code.
Phishing	Where criminals use scam emails, text messages or phone calls to trick victims.

Protection	To protect society by making it impossible for the offender to commit further offences.
Reform	To help the offender change their behaviour so that they stop committing crime.
Reparation	To repay or compensate the victim.
Retribution	To make the offender suffer for the crime they have committed.
Revision	The process of revisiting a subject in preparation for an examination.
Slave	Someone who is forced to work through mental or physical threat, owned or controlled by an 'employer', physically constrained or has restrictions placed on their freedom of movement, de-humanised, or bought and sold as 'property';.
Social Engineering	Characterised by attackers coercing victims into divulging sensitive information by pretending to be a known person or legitimate entity.
Supply Chains	A network of companies and people that are involved in the production and delivery of a product or service. The components of the supply chain include producers, vendors, warehouses, transportation companies, distribution centres, and retailers.
Sustainability	The ability to maintain or support a process continuously over time. The aim is to not run-out of finite resources.
T-Level	A two-year qualification for 16-19 year olds designed in collaboration with employer to support and help the individual develop skills, knowledge and to thrive in the workplace.
Time Management	Where a person will plan ahead, prioritise task and avoid procrastination. Making good use of time available to achieve goals.

Trafficking	Involves the movement of a person, with deception or coercion, into a situation of exploitation.
Vishing	Voice phishing. Using fraudulent phone calls to trick victims into providing sensitive information.
Young Offender	In the UK, a criminal between 14 and 17 years of age.
Y.O.I	A Young Offenders' Institution is a place where men and women under the age of 21 are sent instead of prison.